



Ignite Your Fitness

Thursdays 5:30-6:15pm

Fun and functional fitness where you connect and improve your wellbeing.

A 45min group class for people who are currently active and want to improve strength, flexibility and cardio.

Location: Darwin Squash Centre, 6 Marrara Dr, Marrara

Cost: \$5 per person

Bookings required!

Contact: Dee - Ignite Yourself on 0432 142 661 or dee@igniteyourself.com.au

Beat the heat while you work out!

BYO mat, towel & a water bottle



darwin.nt.gov.au/healthydarwin
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